

# ***BICYCLE HELMET SAFETY PRESENTATION***

**Objective:** Demonstrate to students the importance of wearing a bicycle helmet every time they ride through an experiential learning opportunity.

## **Key Points:**

- You only have one brain and you have to protect it.
- You don't have to be way up high when you fall to hurt your brain; you can just fall from a little height and still get hurt.
- You must wear your helmet every time you ride because you never know when you might fall.

## **Supplies:**

- ☐ 5-gallon plastic bucket
- ☐ Bag of potting soil (make sure the soil isn't heavy with moisture; if so, add some peat to it)
- ☐ Plastic drop cloth, butcher paper (something to catch a splashing egg)
- ☐ Small step stool
- ☐ Carton of eggs
- ☐ Bicycle helmet (if you are going to have a drawing for the helmet, make sure it is age appropriate in size)
- ☐ Trashcan & paper towels (to clean up the smashed egg)
- ☐ Slips of paper and basket/bowl in case you chose to conduct a drawing for the bicycle helmet

## **Preparation:**

- Place drop cloth
- Set bucket on the drop cloth and fill the bucket about  $\frac{3}{4}$  full of potting soil (make sure you are able to lift the bucket)
- Set the step stool behind the bucket

1. Have the students gather in front of the drop cloth. Ask how many of them wear a bicycle helmet when they ride their bike.
2. Ask if they know why it is important to wear a bike helmet. After some of them answer, tell them that they are all going to see why it is so important.
3. Ask for a volunteer to help with the demonstration.
4. Show them a bicycle helmet. Explain how it has a hard outer shell and softer cushioning foam inside to protect their head if they fall. Tell them it is sort of like this bucket—hard on the outside with soft stuff inside (the dirt) for protection.
5. Take an egg and explain how the egg is like a head—it has a hard outer shell (their skull) and soft stuff inside (their brain). It is very important to protect your brain.
6. Have the volunteer step up on the stool and hand them the egg. Ask the volunteer to carefully drop the egg into the bucket. (The egg should be intact if they don't hit the rim of the bucket. You may have to help them position the egg in the center of the bucket.)
7. Invite the children to see how the “head” “survived” the fall.
8. Move the bucket off the drop cloth. Ask them what they think will happen when the egghead is not protected by a helmet.
9. Have the volunteer drop the egg and watch it splash. Help the student off the stool making sure they don't step in the mess (this is when it is good to have some butcher paper under the egg so you can easily gather it up and toss it away).
10. Thank your volunteer and begin discussion on the importance of wearing a bicycle helmet.
11. At this point, you can have a drawing for the helmet.